

Soups

Soup du Jour
cup 3.50 crock 4.99

Crock of Chili
our award-winning chili topped with melted cheddar and jalapenos, served with tri colored tortilla chips 7.99

Creamy Tomato Soup
cup 3.50 crock 4.99

Baked Onion Soup
onions simmered in beef broth, baked with garlic crouton and topped with layers of melted cheese 6.99

New England Clam Chowder
cup 5.99 crock 6.99
quart to-go 18.99

Haddock Chowder
cup 5.99 crock 6.99
quart to-go 18.99

Psst...Our award winning clam chowder is also available by the can... 4.99 (take home or ship)

Appetizers

Local Steamers
fresh from local waters served with drawn butter and broth *market price*

Scallops Wrapped in Bacon
fresh sea scallops served with a maple walnut dipping sauce 14.99

Escargots
baked with herbed garlic butter, topped with melted provolone cheese and garlic bread 10.99

Shrimp Cocktail
cooked until tender, peeled and chilled, served with our cocktail sauce and lemon wedges 2.50 ea

Oysters the Half Shell
shucked fresh and served with our cocktail sauce and lemon wedges 2.25 ea

Little necks the Half Shell
shucked fresh and served with our cocktail sauce and lemon wedges 2.25 ea

Clams Casino
fresh clams baked with herbed casino butter, topped with bacon and served in their shells 9.99

Salty's Sampler
a fun selection of your favorite appetizers...scallops and bacon, chicken tenders, mozzarella stix, onion rings and garlic bread 16.99

Tavern Nachos
tri-colored corn tortilla chips topped with melted cheese, tomatoes, onions, jalapenos and black olives 11.99
add chili or chicken for only 4.00

Lobster Nachos
tricolored corn tortilla chips with our award winning lobster seafood sauce and melted cheese 15.99

Potato Skins
with bacon and cheese and served with sour cream 10.99

Poutine
Canadian style poutine fries, topped with cheddar curd cheese, and gravy 10.99

Lobster Poutine
Canadian style poutine fries, topped with cheddar curd cheese, and our award-winning lobster seafood sauce 15.99

Chicken Tenders
tender, white chicken, breaded and deep fried, served with sweet and sour sauce 8.99

Fried Calamari
lightly fried to a golden brown 9.99

Nancy's Carolina Moons
house chips topped with melted colby, monteray jack cheese, bacon and scallions 9.99

Homemade Onion Rings
served with our horseradish sauce for dipping 7.99

Artichoke Hearts
baked in garlic butter, lemon, and white wine, topped with melted cheese, served with garlic bread 9.99

Fresh Grilled Vegetables
seasonal vegetables grilled and basted in a teriyaki glaze served on a bed of rice 8.99

Stuffed Mushrooms
stuffed with our savory seafood stuffing 9.99

Mozzarella Stix
served with marinara sauce for dipping 8.99

Buffalo Wings
chicken wings basted in a Louisiana hot sauce 10.99

Honey Buffalo Tenders
our chicken tenders tossed in a sweet and spicy sauce and served with chunky bleu cheese dressing 10.99

Salads

Garden Salad
a mix of crisp greens and fresh local vegetables 6.99



Caesar Salad
fresh romaine lettuce tossed to order with Caesar dressing, croutons and anchovies, sprinkled with parmesan cheese 7.99

Greek Salad
crisp mixed greens, red onions, ripe tomatoes, feta cheese, Kalamata olives, pepperoncini, cucumbers and Greek dressing 10.99

Add any of these toppings to one of our delicious salads...

Grilled Chicken	\$5	Salmon	\$8
Steak Tips	\$6	Grilled Shrimp	\$8

Salads (continued)

Old Salt Cobb Salad

chilled jumbo shrimp, bacon, gorgonzola cheese, egg, and garden vegetables on a bed of fresh greens 14.99

Lobster Salad Plate

on a bed of field greens with fresh garden vegetables and your choice of dressing *market price*

Tuna Salad Plate

on a bed of field greens with fresh garden vegetables and your choice of dressing 10.99

Sesame Chicken Salad

fresh salad of greens, cucumbers and onions topped with pineapple relish, sesame seeds and chicken tossed in a toasted orange ginger vinaigrette 12.99

Buffalo Chicken Salad

breaded buffalo chicken tenders, tomatoes, cucumbers, and onions served on a bed of greens with blue cheese dressing 13.99

Southwest Salad

fresh salad greens topped with tomatoes, onions, black bean and corn salsa and grilled steak tips with buffalo ranch dressing 13.99

Salad Dressings Include...

Homemade Italian, Oil & Vinegar, Creamy Ranch, Russian, Blue Cheese, Caesar, Parmesan Peppercorn, Honey Mustard, Fat Free Raspberry Vinaigrette, Balsamic Vinaigrette, and Greek

Burgers

*Tavern Burger

a classic 9.99

Salmon Burger

panko crusted north atlantic salmon patty with baby spinach, red onion and a creamy dill sauce 11.99

*Smokey Bacon Burger

hickory smoked bacon and cheddar 11.99



*Surf and Turf Burger

our Tavern burger topped with local lobster meat and our delicious lobster sauce 15.99

*Patty Melt Burger

topped with Swiss cheese, Russian dressing and cole slaw on marble rye 11.99

*Build a Burger...

begin with our traditional Tavern Burger and add any of the following toppings... jalapeños, sauteed peppers, mushrooms, onion .75¢ each
American cheese, crumbled blue cheese, cheddar, provolone, Swiss, chili, bacon \$1 each

Sandwiches

Lobster Salad Roll

tender lobster meat, lightly seasoned and tossed with celery and mayonnaise, served on a grilled roll *market price*

Fried Haddock Sandwich

fresh haddock filet deep fried and topped with cheddar cheese and served on a grilled bulkie roll 13.99

Grilled Reuben

sliced corned beef, sauerkraut, Swiss cheese and Russian dressing, grilled on marble rye 11.99

Turkey Reuben

sliced deli turkey, sauerkraut and Swiss cheese and Russian dressing grilled on marble rye 11.99

Chicken Caesar Wrap

marinated chicken, tossed with Caesar dressing, romaine lettuce, tomatoes and red onions 9.99

French Dip au Jus

lean, sliced roast beef, piled high with provolone on toasted French bread served with au jus for dipping 10.99

Goody Cole Chicken Sandwich

grilled chicken breast topped with bacon, aged cheddar on a grilled bulkie roll 12.99

All sandwiches and rolls are served with a dill pickle spear, and your choice of french fries, house made chips or cole slaw (substitute onion rings or sweet potato fries for .99¢)

Fresh from the Sea

New England Boiled Lobster

caught daily by local fishermen, served with drawn butter and lemon
market price

Baked Stuffed Lobster

fresh New England lobster stuffed with our savory stuffing
market price

New England Clambake

clam chowder, local steamers, and a boiled lobster served with lemon and drawn butter *market price*

North Atlantic Haddock

fresh haddock filet, tender and flaky, sprinkled with seasoned cracker crumbs and baked in butter and lemon 19.99

North Atlantic Salmon

fresh salmon basted in lemon butter and grilled to perfection 20.99

Fresh Broiled Sea Scallops

sweet sea scallops lightly dusted with herbed bread crumbs, broiled in lemon, butter and white wine 22.99

Baked Stuffed Shrimp

gulf shrimp oven baked in our savory stuffing 19.99

Baked Shrimp and Haddock Combination

gulf shrimp and fresh haddock, topped with our chef's savory stuffing and baked in a casserole 21.99

Baked Stuffed Haddock with Lobster Sauce

fresh haddock filet rolled with our homemade savory stuffing and topped with our award-winning lobster seafood sauce 22.99

Scallops with Lobster Sauce

sweet sea scallops oven baked and topped with our award-winning lobster seafood sauce 23.99

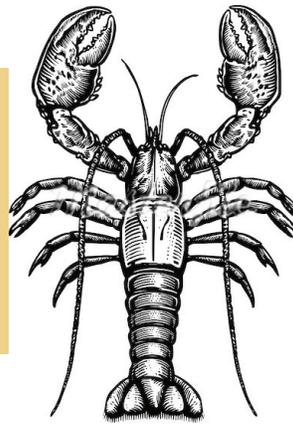
Haddock au Gratin

a tender filet of fresh haddock, oven baked and topped with a creamy, cheddar parmesan sauce 20.99

All of these entrees are served with fresh vegetable and your choice of garlic mashed potatoes, rice pilaf, baked potato, french fries, house made chips, or cole slaw

King Neptune's Feast for Two

two cups of chowder (choose clam or fish), fresh native clams, sweet sea scallops, gulf shrimp, fried native shrimp and Atlantic haddock, lightly breaded, fried to a golden brown and served with french fries and onion rings 61.99



Old Salt Clambake for Two

two cups of chowder (choose clam or fish), steamed clams, twin boiled lobsters, lemon, and drawn butter served with vegetable of the day and your choice of potato *market price*

Delicately Fried

Fried Clam Plate	<i>market</i>
Fried Oyster Dinner	19.99
Fried Gulf Shrimp	20.99
Golden Fried Sea Scallops	22.99
Fresh Filet of Haddock	19.99

Fishermans Platter

fresh native clams, sweet sea scallops, native shrimp, jumbo shrimp and Atlantic haddock lightly breaded and fried to a golden brown 29.99

Fried Native Shrimp	16.99
Fried Clam Strips	15.99
Fried Calamari	15.99
Fish and Chips	15.99

Add a house salad to any seafood entree for 3.99. Add a caesar salad for 4.99.
All fried entrees are served with cole slaw, and your choice of french fries or house made chips

Land Lovers

* Tavern Tips

flame broiled to perfection 19.99

* New York Sirloin Steak

USDA choice New York sirloin charbroiled over an open flame 24.99 with sauteed peppers, onions, and mushrooms topped with gorgonzola cheese 27.99

* Mixed Grill

our flame-broiled Tavern Tips paired with a boneless chicken breast basted in a zesty barbeque sauce 22.99

Choose Your Favorite Combination

* Tavern Tips with...

Baked Haddock 24.99

Baked Stuffed Shrimp 24.99

Broiled Sea Scallops 26.99

"Land Lover's" are served with fresh vegetable and your choice of garlic mashed potatoes, rice pilaf, baked potato or french fries (Excludes Shepherd's Pie)
Add a house salad to any entree for 3.99.
Add a caesar salad for 4.99.

Old Salt Chicken

grilled boneless breast of chicken with spinach, mushrooms, onions, roasted red peppers, and artichoke hearts, topped with alfredo sauce 17.99

Herbed Half Chicken

half of a fresh chicken, marinated in our herb rub for 24 hours, slow roasted to perfection. 17.99

Shepherd's Pie

a hearty mixture of ground beef, corn, and thick gravy topped with mashed potatoes 12.99

Vegetarian Selections

Pasta with Marinara Sauce

served with garlic bread 9.99

Cheese Tortellini

tossed in a parmesan cream sauce and served with garlic bread 13.99

Vegetable Kabobs

fresh seasonal vegetables grilled and basted in teriyaki glaze served over rice pilaf 15.99

Mediterranean Pasta

artichoke hearts, tomatoes and black olives sauteed in olive oil and garlic with shaved parmesan served over cavatappi pasta 15.99

Eggplant Parmesan

hand breaded, lightly fried eggplant topped with marinara sauce and melted provolone cheese served with linguini and garlic bread 15.99

Grilled Vegetable Parmesan

our fresh grilled vegetable kabob topped with marinara sauce, diced tomatoes and melted provolone cheese, served over linguini with garlic bread 15.99 with alfredo sauce 16.99



Pasta

Cheese Tortellini with Lobster Sauce

with our award-winning lobster seafood sauce and served with garlic bread 19.99

Gulf Shrimp and Broccoli Alfredo

served over cavatappi pasta with garlic bread 19.99

Lamie's Chicken & Cheese Tortellini

grilled chicken tossed in a parmesan cheese sauce with tricolored cheese tortellini, and served with garlic bread 18.99



Add a house salad to any entree for 3.99.
Add a caesar salad for 4.99.

Breaded Chicken Parmesan

boneless chicken breast, breaded and pan fried topped with marinara sauce and melted provolone cheese served with linguini and garlic bread 18.99

Shrimp Scampi

gulf shrimp sauteed in lemon, butter, wine and garlic, with diced tomatoes served over linguini with garlic bread 20.99

Young Sailors

Chicken Fingers 6.99

Cheesy Grilled Cheese 5.99

*Hamburger 6.99

*Cheeseburger 7.99

Pasta & Sauce or Butter 5.99

Kraft Macaroni & Cheese 4.99

Hot Dog 5.25

Fried Native Shrimp 8.99

Fish and Chips 9.99

Grilled Chicken

on a Garden Salad 6.99

Sweet Treats

Old Salt Favorite...Mud Pie

coffee ice cream in an Oreo cookie crust, topped with hot fudge, whipped cream, chocolate syrup and nuts for one 6.99 for two 8.99

Carrot Cake

made with fresh carrots and toasted walnuts, filled and frosted with cream cheese buttercream 6.99

Apple Pie a la Mode

served warm with vanilla ice cream 6.99

Ice Cream Sundae

vanilla ice cream topped with your choice of hot fudge or strawberries, whipped cream and nuts 5.99

Chocolate Torte

a blend of four chocolates finished with a ganache topping on a cloud of whipped cream (gluten free) 7.99

Tapioca Pudding

a sweet blend of fresh whole milk, real vanilla, farm-fresh eggs and tender tapioca pearls 4.99

Homemade Grapenut Pudding

a regional favorite, served warm with whipped cream on top. 5.99

Bread Pudding

with rum butter sauce 5.99

New York Style Cheesecake

served plain or topped with strawberry sauce 7.99

Brownie Sundae

a warm homemade brownie with walnuts served with vanilla ice cream (also available in gluten free) 7.99

Tahitian Cheesecake

light, creamy, crustless vanilla cheesecake topped with fresh strawberries and blueberries 6.99

Chocolate Layer Cake

an old-fashioned devil's food chocolate cake frosted with chocolate buttercream 7.99

House Dessert of the Day

ask your server for today's delight 7.99

Beverages

Coffee, Decaf, Tea, Herbal Tea, Iced Tea, Iced Coffee 2.75 Hot Chocolate 2.99 Rootbeer Float 6.99
Lemonade, Coke, Diet Coke, Sprite, Diet Sprite, Ginger Ale, Orange, Dr. Pepper, Coke Zero, Raspberry Iced Tea 2.75
Old Salt Bottled Rootbeer, Lime-Rickey, Sparkling Water 4.99
Juice ... Orange, Cranberry, Grapefruit, Apple, Pineapple, Tomato 2.99

Early Birds

Enjoy a complete three course meal for only \$15.99
Early Bird meals include soup or salad, your choice of entree,
and an array of fresh homemade desserts.
Early Birds are offered Monday thru Friday from 3-5 pm.

Brunch Buffet

Be sure to join us every Sunday
from 9:00 am - 1:30 pm for our spectacular
All-You-Can-Eat Brunch Buffet!
(Reservations are recommended)

Noteworthy...

For your convenience, we have an ATM located in the lobby of Lamie's Inn.
*Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs,
may increase your risk of food borne illness, especially if you have certain medical conditions.

A 20% gratuity will be added to parties of 8 or more.
If you don't wish to have this included, please let us know!
We fry in a mixture of cottonseed and soy oil.

Gluten free menu available!

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